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ABSTRACT

According to this book, writing is a process of "uneducation," rather than education. The book cites the secret of creativity as subtracting rules for writing, not adding them. Most people are baffled at how to teach this, since teaching and "uneducation" appear contradictory--but experience in Zen meditation, which is essentially a subtractive process, provides insights into the writing process. The book is about using writing as practice, as a way to help an individual penetrate his or her life and become sane. The book's title comes from what is aimed at when teaching writing: "writing down the bones," means striving for the essential, awakening speech of the mind. For students in class or in workshops, the book advocates trying different techniques or methods of writing until eventually, these students will "hit the mark." The book can be read consecutively, but each chapter may be read separately, since each chapter is designed to be its own whole. Includes 15 notes. (NKA)

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